



Hello and Thank You!

I'm so excited to celebrate the milestone off 100 subscribers in our community with you! It's been a work of faith to start Verbena Healing Arts with the hope of connecting with other like-minded people who are seeking alternative and natural methods to live a more vital and energized life. It's exciting to know that there are 100+ individuals benefitting from the resources available at Verbena Healing Arts.

You can look forward to more exciting energetic balancing resources in the future and becoming part of an even larger community!

In the meantime, below is your free Energetic Balancing Guide. It's super easy – just follow the illustration, tapping firmly around the thymus (a “squishy” area between your collar bones) with the first 2 fingers of your right or left hand in a counter-clockwise motion (from center to right shoulder then down and around to the starting position). It should take less than 5 minutes to balance all seven meridian pairs. Most people feel themselves “relaxing” or a release of tension. Some (like myself) will even yawn.

Not feeling it? Try one of the following suggestions to help ease your body into balance:

- Ditch the electronics – wearing a wristwatch, fitness pal or cell phone on your body? Remove them and try again.
- Drink a glass of water (add a pinch of sea salt to become even more “electrical”)
- Fold the piece of paper and focus on the “X” while tapping around your thymus. This balances the homolateral crossover, which can also create imbalance in the meridians.
- Keep trying. Getting into energetic balance is a learned response which takes repetition. Pick a time (or several times) during the day to perform this Energy Tap and you'll be falling into balance before you know it!

Be Well!

xoxo Susan

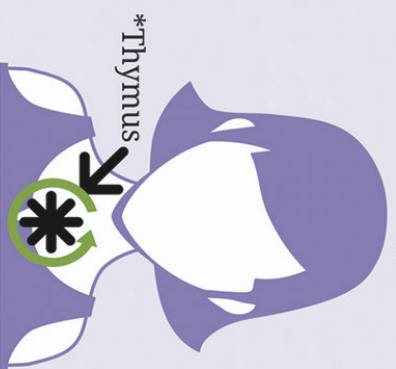


## Bio-Energy Balance

with Crystal: Place Balance Crystal on Thymus\*

Hold "X-over Card" at eye level

Look at the "X" for approx. 4 minutes



\*Thymus

without Crystal: Thymus Tap

While looking at "X-over Card"

Tap firmly with first two fingers in

counter-clockwise motion around the thymus.

Also good for overall energy balancing (daily)

and stressful or blocked energies.

learn more at [www.verbenenhealingarts.com](http://www.verbenenhealingarts.com)

fold along line

